



PAL MARTIAL ARTS CLASS SCHEDULE

(as of JANUARY 2023)

The following classes focus on the Basic and Fundamentals of the Martial Arts

They are open to all new students and potential students who are trying our classes.

Students train in One (1) Style to begin.

Only advanced students with instructor/Director permission may cross train.

*****No Karate Classes on 3rd Monday of Each Month*****

MON	TUE	WED	THU	FRI
KARATE 5 - 6pm		KARATE 5 - 6pm	JUDO KIDS 5 - 6pm	
			JUDO (age 9+) 6:30 - 8pm	
TAEKWONDO 7 - 8pm		TAEKWONDO 7 - 8pm		
